

# **Grimes Parks & Recreation Department**

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## **Grades 5-6 Grimes Rec Basketball League Rules**

1. Coaches will be on hand to sub and teach within their bench area. Officials will be present to enforce basketball rules, facility supervisor to open the school, and scorekeeper to keep score.
2. 10 Foot Baskets and 28.5 sized basketballs are used. Each team should have basketballs.
3. Half Court, Man to Man Defense Only. No zone defense or full court pressing are allowed.
4. Play defense with your feet. Only 5 fouls are allowed per player
5. Two 20-minute halves with a 3-minute halftime. Running Clock- Stop the clock the last minute of the game only or during time-outs/injuries if game is 15 points or less.
6. Everyone plays the same amount of time. Three point goals will not count.
7. Coaches and players must shake hands after the game.
8. Jump ball starts the game, alternating possession after.
9. Two time-outs are allowed per half (approx. 30 seconds in length).
10. On the 7<sup>th</sup> team foul, shoot 1-1 free throws. On the 10<sup>th</sup> team foul, shoot 2 free throws.
11. Score will be kept. If a game becomes lobsided (more than 20-point lead), the scorekeeper will stop keeping score on the board but will keep track on paper for our records and if the score becomes within 20 points again. In the case of a tie, overtime will be two minutes, 2<sup>nd</sup> OT is one minute. One more timeout is given for each team.
12. High School rules otherwise.

**SPORTSMANSHIP IS STRESSED AMONG PLAYERS, COACHES AND FANS.  
ABSOLUTELY NO ARGUING WITH OFFICIALS!**